

Personal Protective Measures

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May 8, 2006



Health Department

Influenza virus is passed by...



Droplets
Fomites

WASH YOUR HANDS!!!



- Clean your hands after coughing or sneezing
- Wash hands frequently with soap and water
- Use soap and water or an alcohol-based hand cleaner

Other Measures...



- Cover your mouth and nose with a tissue when you cough or sneeze
- Put used tissues in a waste basket
- Cough or sneeze into your upper sleeve if you don't have a tissue

Personal Protective Equipment

- Acts as a barrier between infectious materials and the skin, mouth, nose, or eyes (mucous membranes)
- Protects from infection or contamination from body fluids, or respiratory secretions
- Reduces the chance of transmitting infections from one person to another

Personal Protective Equipment

For health care workers caring for influenza patients should include:

- Masks
- Gloves
- Goggles or face shield
- Gown
- Ask patients to wear masks

Surgical Masks

- Protect against large droplet exposure
- 10-20 cents each



N-95 Masks

- Protect against airborne exposure
- Must be fit-tested
- \$1-3 each



Personal Protective Equipment

- The evidence base for recommendations is limited
- SARS outbreak is basis for many recommendations
- Large droplet transmission seems to be biggest risk
- Any recommendations must take into account likely cost versus likely benefit

Personal Spacing

- **Stay at home if you are sick**
- Close schools
- Only vital personnel at work
- Limit community events

Be Prepared

- Prepare a stash of easy-to-prepare, nonperishable food
- Supply of water
- Have nonprescription drugs and other health supplies on hand
- Pain relievers

Vaccination

- Seasonal influenza vaccine will not protect against avian influenza
- Flu shots can help you to stay healthy
- 195 million in United States are recommended for annual influenza vaccination
- If all got vaccinated, would build capacity

Chemoprophylaxis?

- Antiviral--Tamiflu
- Costs \$60-70 for a 5-day course
- Expires in 5 years
- Resistance could develop over time

Other Preparation Measures...

- Develop family plan
- Volunteer with local groups to assist
- Get involved in your community preparations